

2001 California Dietary Practices Survey

Table 101: Why Californians Are NOT Eating Less Fat

Question: What is the main reason why you or other people DO NOT eat less fat.

	Percent Agreeing			
	Too much Time to Prepare and Cook	Don't Like Taste	Already cut out Enough Fat	Other
Total	16	43	27	15
Sex				
Males	19	42	25	14
Females	11	44	29	15
Males				
18 - 24	20	26	29	24
25 - 34	26	43	22	10
35 - 50	9	49	27	15
51 - 64	33	38	22	6
65+	4	57	27	12
Females				
18 - 24	17	44	30	9
25 - 34	12	33	32	23
35 - 50	7	56	26	11
51 - 64	14	33	38	15
65+	7	54	23	16
Ethnicity				
White	16	46	26	12
Hispanic	18	33	30	19
Black	9	36	25	30
Asian/ Pacific Islander	15	51	34	
Education				
Less than high school	10	39	35	17
High school graduate	7	46	26	21
Some college	22	42	24	12
College graduate	20	43	28	10
Income				
Less than \$15,000	7	37	30	26
\$15,000 - 24,999	17	40	21	21
\$25,000 - 34,999	9	42	44	6
\$35,000 - 49,999	21	35	33	11
\$50,000+	21	49	23	7
Physically Active				
Did not meet recommendations	14	44	27	15
Met recommendations	17	42	27	14
Overweight Status				
Overweight/Obese	19	41	26	14
Not overweight	10	46	31	13

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

** p<.01